

Anxiety

Akron-Summit County Public Library

Nonfiction

Micco, Jamie A. **The Worry Workbook for Teens: Effective CBT Strategies to Break the Cycle of Chronic Worry and Anxiety**, 2017. TEENNF 616.8522 M619w

Break the worry cycle for good! This fun, practical workbook offers effective, easy-to-understand cognitive behavioral therapy (CBT) exercises to help you understand your chronic worrying, toss "junk mail" thoughts, and manage your fears in a constructive way.

Richardson, Carroll. **Zen Teen: 40 Ways to Stay Calm When Life Gets Stressful**, 2018.

TEENNF 155.519 R525z

Filled with clever, interactive quizzes and inspiring music playlists, this book is designed for today's modern teen.

Shannon, Jennifer. **The Anxiety Survival Guide for Teens: CBT Skills to Overcome Fear, Worry, and Panic**, 2015. TEENNF 155.5125 Sh528a

This helpful guide teaches teens how to break free from worry and panic by recognizing the part of the brain where anxious thoughts arise.

Shannon, Jennifer. **The Shyness and Social Anxiety Workbook for Teens**, 2012.

TEENNF 155.5182 Sh528s

This is a good activity book for teens looking for help with handling awkward social situations, being more assertive and confident and making connections with other teens.

Fiction

Dugan, Jennifer. **Verona Comics**, 2020. TEEN

Told in two voices, cellist Jubilee and anxiety-ridden Ridley meet at a comic con where both of their families have booths, and begin a relationship they must hide from their parents.

Green, John. **Turtles All The Way Down**, 2017. TEEN

Solving the mystery of fugitive billionaire Russell Pickett would bring a hundred-thousand-dollar reward, so Aza and her best friend, Daisy, are eager to investigate. But Aza is living within the ever-tightening spiral of her own thoughts. Still hurting from the death of her father years ago, she's crippled by 'thought spirals' and the irrational, obsessive fear she has of microbes and bacteria.

Gregorio, I.W. **This is my Brain in Love**, 2020. TEEN

Told in dual narrative, *This Is My Brain in Love* is a stunning YA contemporary romance, exploring mental health, race, and, ultimately self-acceptance, for fans of *I Am Not Your Perfect Mexican Daughter* and *Emergency Contact*.

Henry, Katie. **Let's Call it a Doomsday**, 2019. TEEN

Ellis Kimball, sixteen, whose anxiety disorder causes her to prepare for the imminent end of the world, meets Hannah, who claims to know when it will happen.

Kinsella, Sophie. **Finding Audrey**, 2015. TEEN

A bullying incident leaves Audrey with agoraphobia and frequent panic attacks. She works through her issues by making a funny documentary about her home life.

Leno, Katrina. **Everything All at Once**, 2017. TEEN

Lottie has always lived with anxiety and when her beloved Aunt dies of cancer she worries that her own death could be around the corner.

Lord, Emery. **The Start of Me and You**, 2015. TEEN

Paige Hancock starts junior year with a list of ways to take back her life, rather than spending another year as "The Girl Whose Boyfriend Drowned," and finding out that Ryan Chase, her long-term crush, is available again might be the key.

Oshiro, Mark. **Anger is a Gift**, 2018. TEEN

Six years ago, Moss Jefferies' father was murdered by an Oakland police officer. Along with losing a parent, the media's vilification of his father and lack of accountability has left Moss with near crippling panic attacks.

Rowell, Rainbow. **Fangirl**, 2013. TEEN

Cath is introverted, has social anxiety and only feels safe when she is writing about her favorite character, Simon Snow.

Stamper, Phil. **As Far as You'll Take Me**, 2021. TEEN

Seventeen-year-old Marty Pierce leaves small-town Kentucky for London, hoping to explore his sexuality and find work playing oboe, but homesickness, anxiety, and his dwindling savings worsen even as his dreams are coming true.

Walton, Julia. **Just Our Luck**, 2020. TEEN

Leo's anxiety just caused a fight at school, and though he didn't lie, he wasn't exactly honest about how it all went down--how he went down. Now Leo's father thinks a self-defense class is exactly what his son needs to "man up." But Leo would much rather knit, crochet, or take photographs instead.

Whaley, John Corey. **Highly Illogical Behavior**, 2016. TEEN

Agoraphobic Solomon hasn't left his home in three years. Ambitious Lisa wants to get into the second-best psychology program in college, so she befriends and tries to "fix" Solomon for a project.

Zappia, Francesca. **Eliza and Her Monsters**, 2017. TEEN

A shy, reclusive High School student with social anxiety and no real friends creates a wildly popular online webcomic called "Monstrous Sea" and meets other fanfiction writers.